

I claim:

1. A safety strap for lifting barbells and dumbbells comprising:

a) a wrist strap adapted to be wrapped around and secured  
5 to the wrist of a user;

b) a tongue attached to said wrist strap and adapted to extend toward an open palm of a hand of the user, said tongue having at least one sleeve therein adapted to receive a lifting hook member;

10 c) a lifting hook member having a central portion and a pair of hooks, with one hook attached at each opposite end of said central portion, each hook having a connection point located on a line of pull, an angled portion extending inwardly away from said line of pull and closer to the palm of a user, a downwardly extending portion, and an arcuate portion having an approximate midpoint positioned on said line of pull, whereby a bar positioned on said pair of hooks will remain at the approximate midpoint of said arcuate portions when lifted by said pair of hooks.

15 2. A safety strap according to claim 1 wherein said at least one sleeve comprised plural sleeves each sleeve located at a different distance from said wrist strap whereby a user may insert a lifting hook member into a desired one of said plural sleeves to accommodate user's with different length hands and to

allow a user to place the lifting hook member at a location which is most comfortable for the user.

3. A safety strap according to claim 1 further comprising a bar strap adapted to extend from the wrist strap over the palm and toward the finger tips of a user, whereby said bar strap may be spiraled around a bar to be lifted to aid the user in gripping and holding the bar.

4. A safety strap according to claim 3 wherein said lifting hook member is removed from said at least one sleeve.

5. A safety strap according to claim 1 wherein said lifting hook member is removably inserted into one of said at least one sleeves.

10 6. A safety strap according to claim 1 wherein said angled portion is oriented at an angle of approximate 40 degrees relative to said line of pull.

15 7. A safety strap according to claim 1 wherein said arcuate portion extends along an arcuate distance of at least approximately 130 degrees.

20 8. A safety strap according to claim 1 wherein said arcuate portion extends along an arcuate distance of approximately 180 degrees.

8. A safety strap according to claim 1 wherein said downwardly extending portion is spaced apart from and parallel to said line of pull.

9. A safety strap according to claim 1 wherein said downwardly extending portion is collinear with said line of pull.

10. A safety strap according to claim 1 wherein said wrist strap is removably secured to the wrist of a user with Velcro  
5 fasteners.

11. A safety strap according to claim 1 wherein said wrist strap and said tongue are formed of a flexible material.

12. A safety strap according to claim 1 wherein said wrist strap and said tongue are formed of a nylon fabric.

10 13. A safety strap according to claim 1 wherein said lifting hook member is formed of steel.

14. A safety strap according to claim 1 wherein said lifting hook member is adapted to be inserted into one of said at least one sleeve by pushing an end of one hook and the entire  
15 hook through the sleeve whereby the sleeve covers said central portion.